

Your Guide to Prepare for Parkinson's Disease Treatment in Mexico



Documents and Visa Requirements

- Ensure you have a valid passport for international travel to Mexico.
- Check visa requirements for Mexico based on your country of origin at the official Mexican government immigration website or contact the nearest Mexican embassy.
- Bring medical records related to your Parkinson's disease, including diagnosis, treatment history, and any relevant imaging or test results.
- If you lack specific medical documents, clinics in Mexico can provide diagnostics and tests prior to treatment.



Accommodation Options

Accommodation is not included in the medical procedure package. You will need to arrange your stay in Mexico. Many clinics have partnerships with local hotels offering discounted rates for patients. Hospital stays are typically part of the treatment plan, with an average of 5 days in the hospital followed by approximately 10 days in a hotel for recovery. The average hotel stay per night ranges from \$50 to \$150, depending on the hotel's category and location. Accompanying person can stay with the patient, but conditions and costs should be confirmed with the hotel directly.



Transfer Services

- Transfer services from the airport to the clinic/hotel are not included and must be arranged separately.
- Popular taxi services like Uber and local taxi companies are available in major Mexican cities with approximate prices ranging from \$10 to \$50, depending on distance and service type.



Interpreter Services

Interpreter services are not typically included but can be arranged through the clinic or independent providers. Costs vary, so it is recommended to confirm the price and availability in advance. Some clinics may offer free interpreter services as part of their treatment packages; inquire directly with your chosen clinic.



Payment Methods

- Payments can be made in cash or by credit/debit card.
- The local currency is the Mexican Peso (MXN), and while some places may accept U.S. Dollars or Euros, it's advisable to have local currency for smaller purchases and convenience.
- ATMs are widely available, and currency exchange services are offered at airports and major tourist areas.



Before Your Parkinson's Disease Treatment

- Consult with your local doctor about the planned treatment and any necessary preparations.
- Ensure you have a list of all current medications and share this with your treating physician in Mexico.
- Discuss your dietary needs and any allergies with the clinic beforehand.
- Plan your recovery time and any required assistance post-treatment.
- Arrange for someone to assist you during your stay, if needed.
- Keep emergency contacts and the address of your home country's embassy or consulate in Mexico accessible at all times.
- Verify your health insurance coverage or consider purchasing travel health insurance that covers international medical treatment and evacuation.
- Rest well prior to travel and follow any pre-treatment instructions provided by your clinic.



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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

Your personal medical assistant will be with you shortly.
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